



MIXER'S STUFFED MUSHROOM CAT FACES

SERVES 4

INGREDIENTS

- 1 tablespoon olive oil
- 5 spring onions, finely diced
- 4 large flat mushrooms, stalks taken off and stalks finely chopped
- 1 clove garlic, peeled and chopped
- 1 slice wholemeal bread, grated or blended in a food processor if you have one
- Handful of fresh parsley, finely chopped
- 3 teaspoons parmesan cheese, grated
- 2 large tomatoes, sliced in to round pieces
- 2 carrots, cut in half lengthways
- 6 black olives, cut in half

EQUIPMENT

- chopping knife • teaspoon • tablespoon •
- chopping board • small frying pan •
- baking tray • greaseproof paper • foil •
- wooden spoon • cheese grater •



Ask an adult to turn the oven on and preheat it to 200°C /Fan 180°C.

Take the stalks off the mushrooms and ask an adult to help you finely chop them. Now, chop the spring onions and parsley into small pieces and slice the tomatoes.

Did you know that mushrooms are not fruit or vegetables? They are actually a type of fungus, but they still count as one of your 5 A DAY.

They are a source of B vitamins, which give us energy.



STUFFED MUSHROOM CAT FACES



2



For the topping, ask an adult to heat the oil in a frying pan over a medium heat. Gently fry the spring onions and the chopped mushroom stalks for 3 minutes.

Add the garlic and fry for 1 more minute.

Stir in the grated wholemeal bread, parsley and parmesan.

3



Lay the mushrooms facing up on a baking tray lined with greaseproof paper.

Place the slices of tomato on top of the mushrooms.

Spoon the mushroom stalk mixture that you've cooked on top of the tomatoes and press down lightly.

4



Now make your mushrooms look like cats by cutting off the pointy part of the carrots to look like ears. Cut the rest of the carrots in to sticks for whiskers. Use the olives for eyes and a nose.

5



Lay a piece of foil loosely over the top of the mushrooms on the tray. This is to stop them from burning in the oven.

Cook the stuffed mushrooms in the oven for 25–30 minutes, until the mushrooms are tender but not too soft. Enjoy your stuffed mushroom cat faces!

There are thousands of different types of mushroom. How many have you tried?



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